

Herb Spinach Bake

Makes: 8 Servings

Ingredients

- 1 can** spinach (15.5 ounces)
- 2 cups** cooked brown rice
- 3/4 cup** cheddar cheese, low-fat shredded
- 2/3 cup** milk, 1%
- 3 tablespoons** butter, soft (or margarine)
- 1 teaspoon** salt (optional)
- 1/2 teaspoon** Worcestershire sauce
- 1/2 teaspoon** Thyme, dried
- 1/4 cup** onion, diced

Directions

1. Preheat oven to 350°F.
2. Drain canned spinach to remove liquid.
3. Combine spinach with remaining ingredients in a large bowl.
4. Cover and bake for 20 minutes.
5. Uncover and bake an additional 5 minutes or until set.

Notes

Milk can be substituted with 4 Tablespoons dry milk + 2/3 cup water.

Nutrition Information

Nutrients	Amount
Calories	130
Total Fat	6 g
Saturated Fat	4 g
Cholesterol	15 mg
Sodium	290 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Source: Food Bank of Delaware. Recipes in a SNAP.